

# BEEF SHORT RIBS

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## INGREDIENTS

- ✦ 2 kg beef short ribs, bone in.
- ✦ 500ml good quality red wine
- ✦ 1 litre homemade chicken stock
- ✦ 3 sprigs of fresh rosemary
- ✦ ½ teaspoon crushed garlic
- ✦ 1 carrot peeled & diced
- ✦ 1 leek cut & washed in cold water.
- ✦ Salt
- ✦ Black pepper
- ✦ 1 cup soy sauce
- ✦ ½ cup sweet soy sauce
- ✦ 5 tablespoons honey
- ✦ 5 tablespoons brown sugar
- ✦ Honey for drizzling
- ✦ 1 teaspoon roughly chopped Italian parsley

## METHOD (THIS RECIPE SERVES TWO)

- ✦ Preheat your oven to 150 degrees Celsius.
- ✦ In a deep oven proof tray or dish lay your short ribs in the tray, making sure that they lie flat & don't overlap each other or on top of each other.
- ✦ Season the meat with the salt & pepper & follow this by laying the rosemary, garlic, leeks & carrots on top of the meat.
- ✦ Pour the red wine & stock over the ingredients making sure that the beef is completely submerged by the cooking liquid.
- ✦ If all the meat does not fit in 1 tray you can do it in 2 dishes.
- ✦ Cover the tray(s) with silver foil (shiny side down always) & place in your preheated oven.
- ✦ Cook for one & a half hours or until the meat is soft.
- ✦ Whilst you are waiting for the meat you can prepare the marinade;
- ✦ Place the 1 cup soy sauce, ½ cup sweet soy sauce, 5 tablespoons honey & 5 tablespoons brown sugar onto a mixing bowl. Whisk together.
- ✦ Once the beef has finished cooking remove from the oven & remove the meat from the tray. So that it can cool down & is easier to work with. You can choose to pop the bones out or leave them in, for a more "refined look" I would suggest popping the bones out & trimming the ribs into equal shapes & sizes.
- ✦ Strain the cooking liquid & mix with the marinating sauce.
- ✦ Place the marinating sauce in the freezer for 2 hours so it can cool down completely & the excess fat from the cooking liquid rises to the top. You can now skim off the excess fat from the surface like you would do with a stock.

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- In a large Tupperware lay some of the marinade, then place the ribs & pour over the remainder of the marinade.
- Leave to marinate over night, making sure to keep the ribs well covered & container well sealed.
- To cook the ribs place them on a large oven tray with the marinade, drizzle with a little bit of honey. Preheat your oven to 180 degrees Celsius.
- Cook for 5 minutes & then remove from the oven, turn the ribs over to ensure both sides become evenly coated & form a sticky marinade.
- Place back into the oven & cook until warm all the way through & the marinade has formed a sticky, sweet, black sauce.
- Once removed out of the oven turn them over again in the sauce in order to make sure the ribs are evenly coated.
- Place into a nice looking bowl, pour over the remainder cooking liquid from the tray to give it that sticky, moist look & sprinkle with the chopped parsley.
- These ribs are amazing on their own or with other snacks, but if you really want to turn them into something special serve them as an accompaniment with a nice cut of fillet, some smooth potato puree, garlic aioli, braised cabbage & a red wine jus, or with a soft sweet roll, rocket & horseradish mayonnaise with crispy onion rings.